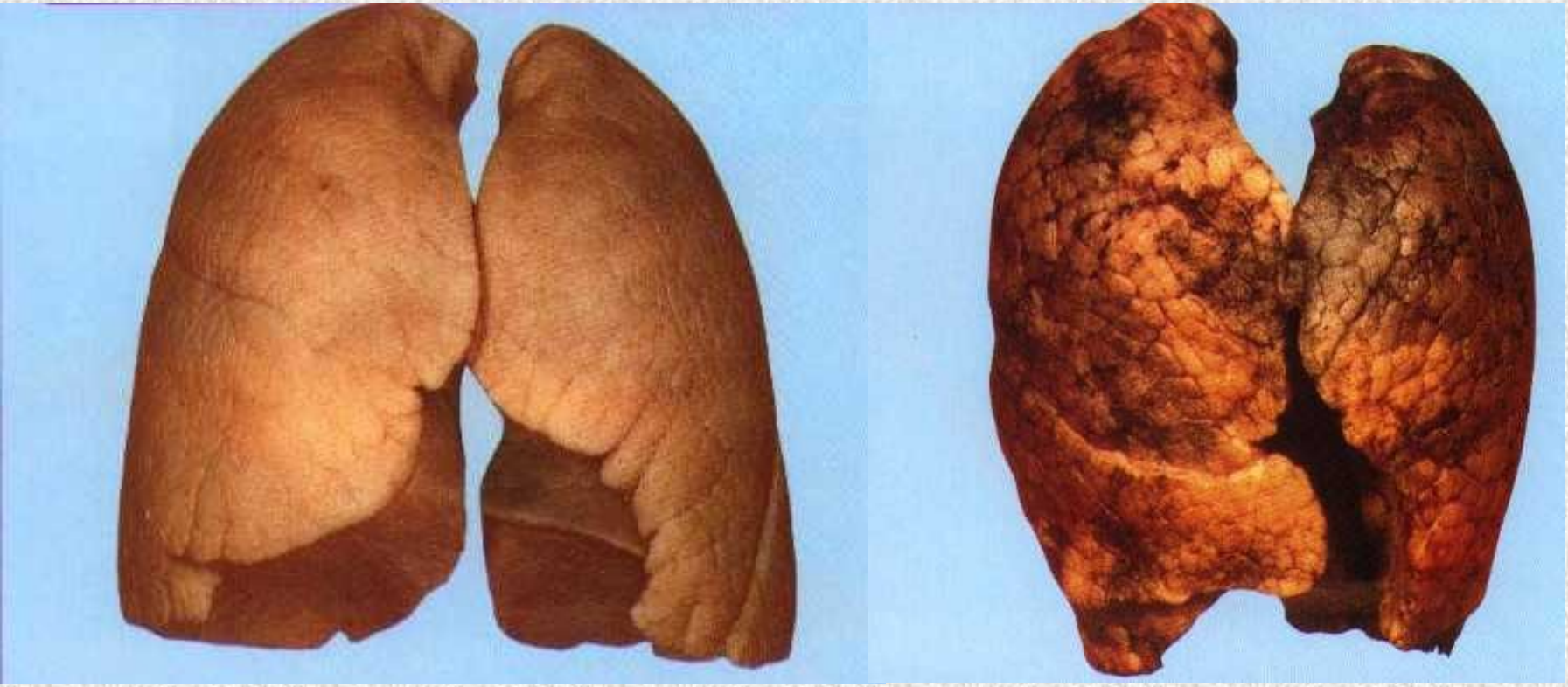
How to Quit Smoking without Willpower or Struggle

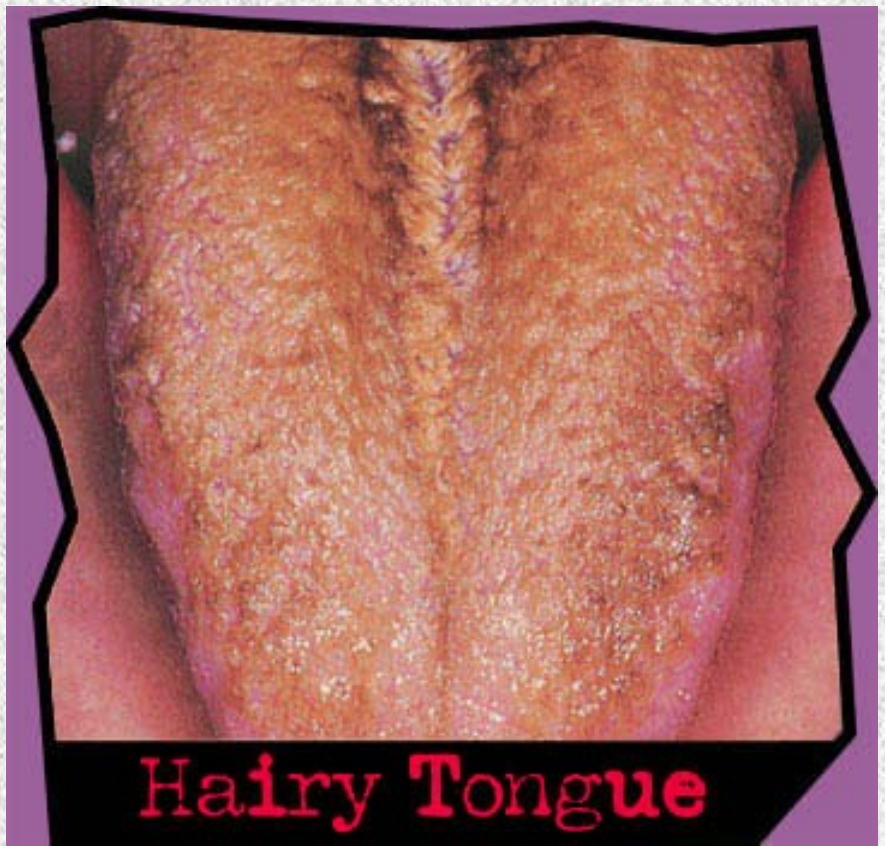
Tobacco related diseases claim approximately 419,000 American lives each year.

From Japan, here's a good photo of a **non-smoker's lungs** (oh, for those good ole days!), and another sickening look after **years of exposure to tobacco**.



These first two pictures contrast healthy lungs against a cancerous pair. On the left is a fairly normal pair. The large, pink item in the lower center between them is the heart. The areas of the cancerous pair that isn't black, but yellowish gray, is [illegible]s tu

Tobacco use can cause growths on your tongue, making it look hairy and turning it yellow, green, brown or black. Just think what tobacco will do for your love life!

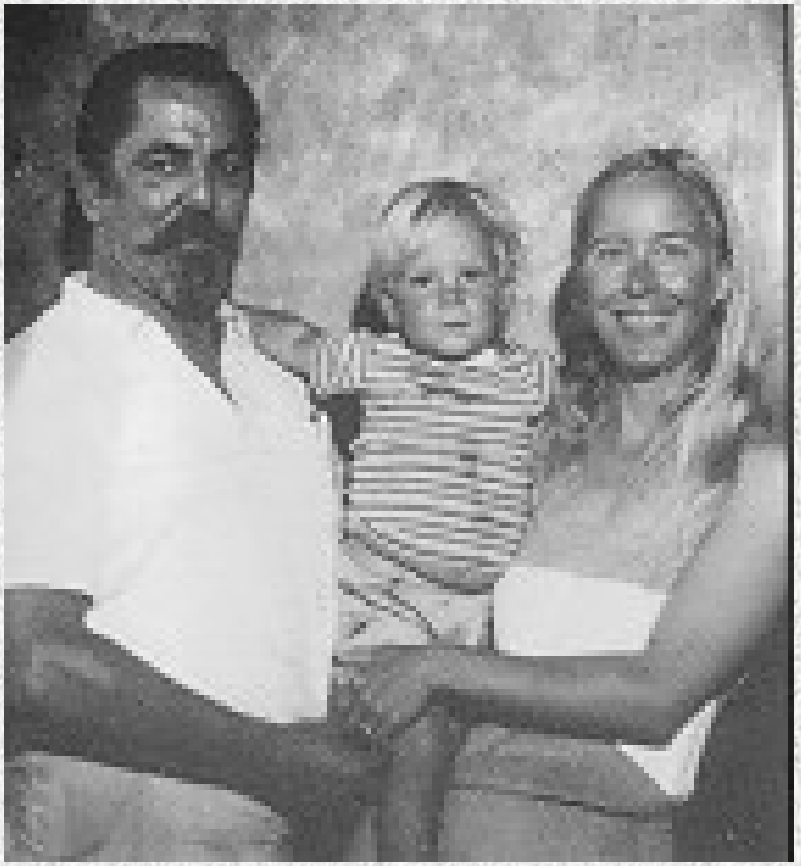


Diane (left) of Ohio began

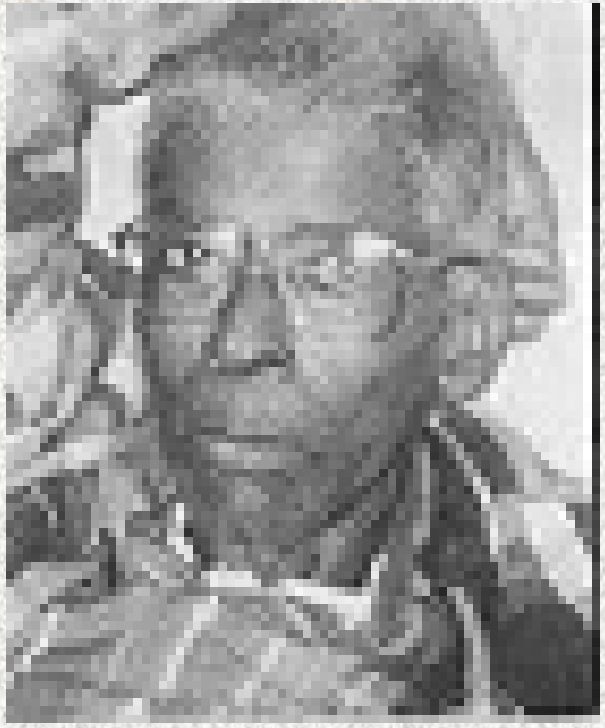
smoking at age 15, and
died from

Audrey Mae of Mississippi
died from a tobacco-related illness.

Bryan of California with his wife Judy and son, Scott. He died at age 50 from lung cancer



Johnnie of California,
Ynette's grandfather,
dying from lung cancer.



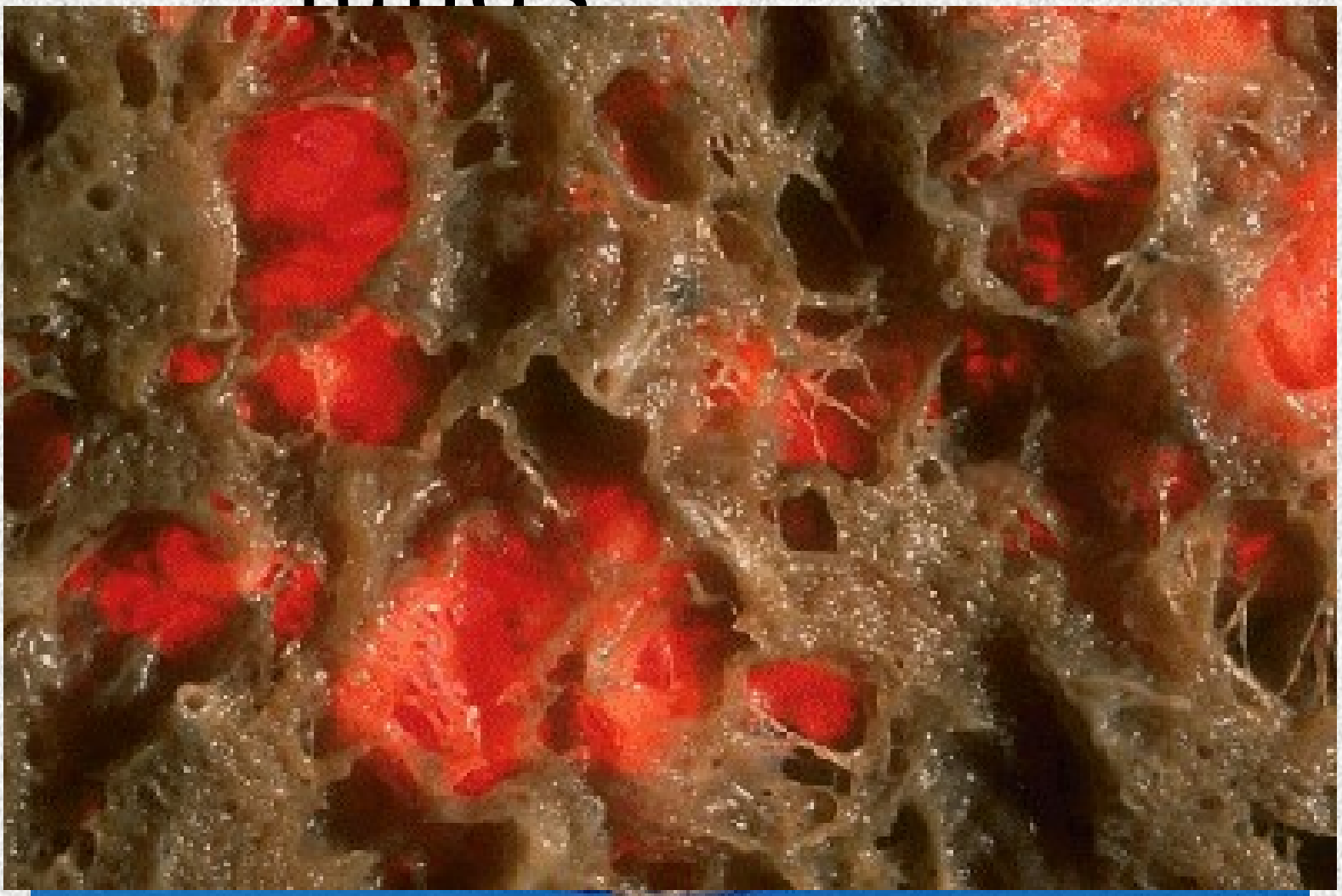
Bill of Florida on his
75th birthday and the
wedding
day of his daughter, Donna.

Jim of Connecticut
with grandchildren less than three months
before he died from emphysema.
He smoked Camel cigarettes.

Linda of Texas started smoking at 12.
She died at age 47, leaving behind a husband,
daughter, and new grandbaby.
She thought smoking would make her thin.

Ed of Oregon began smoking at age 14 and died at age 59.

Affected lungs



Think about it

I know you can do it